

# KentuckyLiving

*Celebrating the energy  
of your community*

## THE GREATEST GENERATION

WWII VETS TELL  
THEIR STORIES

**VETERANS IN THE  
WORKFORCE**

**UNDERSTANDING FOOD  
ALLERGIES, SENSITIVITIES**

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# NOVEMBER

VOL 78 | NO 11

14

## HONORING THE GREATEST GENERATION

Kentucky is home to about 1,736 World War II veterans, all in their late 90s or older. Now is the time to honor their sacrifice and learn their stories.

20

## FOOD FOR THOUGHT

Nearly 6% of adults and children in the United States live with a food allergy. Learn more about the most common allergies, the associated risks and ways to help people with allergies stay safe.

25

## MISSION-READY

Transitioning from the military to the civilian workforce can be a challenge. These programs help match veterans with positions that value their military experience and expertise.

**ON THE COVER** Oakley Hacker, left, and Paul Baker are World War II veterans who live at the Eastern Kentucky Veterans Center in Hazard. At 108, Hacker is Kentucky's oldest living WWII veteran. He served in the Navy Armed Guard on the cargo vessel S.S. Oliver Wolcott. Baker joined the Army Air Corps in 1945 and spent the next 22 years in the Air Force, retiring in 1967. Photo: Tim Webb

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PLANTERS EMC



HEATHER BILVEU



KENTUCKY STATE PARKS

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### OUR MISSION STATEMENT

*Kentucky Living* is published to create a community of people who take pride in thinking of themselves as Kentuckians and as knowledgeable electric co-op consumer-members, in order to improve their quality of life.

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# Room at the table

## *Community brings us together*

**WHEN YOU THINK BACK** to the holiday table of your childhood, what do you remember?

If you're like me, you can probably picture a few faces you miss. You might remember a joke that still elicits yearly groans. And if you're lucky, there are loved ones in your memory that you'll gather with once again on November 28.

That welcoming table looms large in my thoughts right now. As I write this column, we're just under a month away from the presidential election. The polls predict a tight race, and for many of us, emotions are wound even tighter.

By the time you read these words in early November, you might have already cast your vote. The race might already be decided. And after November 5, our nation will face the next challenge—coming together around the table as one family.

Kentucky's electric cooperatives have always been willing to engage with politics for the benefit of our members, but we've never done so from a partisan perspective. Our mission is to provide safe, reliable and affordable electricity, and throughout our history, that mission has always come first.

For co-ops, it's not about partisan wins or losses. It's about serving our communities the best we know how. We're committed, as always, to keeping the lights on, investing in our communities and lending a helping hand.

During this devastating hurricane season, Kentucky's electric cooperatives have been shining examples of the co-op spirit. After working grueling hours to complete power restoration in their own service areas, nearly 200 Kentucky lineworkers and about 150 co-op contractors helped restore power in Georgia, North Carolina and South Carolina, joining about 10,000 co-op



A Nolin RECC crew assists with repairs in Summertown, Ga. Nearly 350 Kentucky lineworkers and co-op contractors joined the 24-state mutual aid effort.

Photo: Apprentice Line Tech Jacob Hart

personnel from 24 states. (Read more on page 10). Co-ops stepped up to help because it's who we are. Community is what drives us, and it's what brings us together as one.

In a time when national unity seems elusive, our co-op communities are examples of what's possible. I hope, during this holiday season, that we can dial down the negativity in our own lives (and in our newsfeeds). I hope we recognize the values that unite us, despite our differences. And around countless Thanksgiving tables, surrounded by loved ones, I hope we find the common ground of gratitude.

If your table is like mine, there's always room for one more.

*Chris*

**CHRIS PERRY**  
 President/CEO



**KENTUCKY ELECTRIC COOPERATIVES**



# FROM THE EDITOR

## KENTUCKY LIVING

recently hosted the 2024 Statewide Editors Association Institute. It's a conference for employees from statewide electric co-op magazines across the country. Attendees came from Oregon, Texas, Pennsylvania, Alabama and many other states.

As I write this, I'm one week out from that conference. As you read this, you're getting closer to Thanksgiving. In a lot of ways, one reminds me of the other.

At Thanksgiving, you gather around a table to celebrate one another and the camaraderie that is so essential to our way of life.

At the conference, around 75 of us came together to celebrate and learn from one another. The learning is what brought us together, but the camaraderie is what sustains us. How wonderful it is to find "your people."

This month, whether gathering with friends, family or coworkers, I hope you find your people. I hope you feel seen and understood. And I hope you're able to return that feeling to the others around you. Happy Thanksgiving!

**SHANNON BROCK,**  
EDITOR

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### Submit & Share

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Louisville, KY 40232. Submission should include your name, address, phone numbers, email address and name of electric co-op.



# KentuckyLiving.com

Follow us online for events, recipes, videos, contests and more!



KRISTEN WHITE

## EXTRA HELPING

### Navigating food allergies

Does someone in your life have a food allergy? If so, you know that food-centric gatherings can be stressful situations. Read about food allergies and sensitivities on page 20, then visit KentuckyLiving.com for tips to help people with food allergies stay safe. While you're there, learn about the "red meat allergy," gluten sensitivity and more.

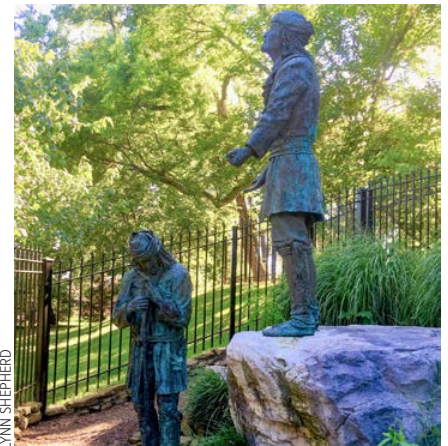


FEAM AERO

## NOW HIRING

### Resources for vets

Vets Power Us connects veterans with jobs in the electric cooperative network. KY VETS and KY VALOR are two programs that help service members transition to civilian employment. Find links to these programs and more at KentuckyLiving.com.



LYNN SHEPHERD

## HIT THE TRAIL

### Bring history to life

Read about Kentucky's heritage trails on page 36, then visit us online for videos and other resources on the Daniel Boone Heritage Trail, the Trail of Tears National Historic Trail, and dozens of landmarks related to the Lewis and Clark expedition.



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# Basketball reflections

With the dawning of another basketball season and of a new coaching era at one major university, fans declare their allegiance and debate—sometimes heatedly—the merits of coaching styles and plays. It seems that everyone becomes an armchair critic. Because of this, it can be difficult to find objective media coverage.

Jerry Tipton built his *Lexington Herald-Leader* sportswriter career on objectivity as he covered University of Kentucky men's basketball beginning with the 1981-82 season. After retirement in 2022, he reflects on his experience in *Déjà Blue: A Sportswriter Reflects on 41 Seasons of Kentucky Basketball*.

Tipton gained a reputation with coaches and players as a reporter who would ask the tough questions, not just the “fluff” fan questions. Former players revealed years after their time on the UK courts that media training, which included stern warnings to carefully answer Tipton's questions, was part of the program. Despite a few instances of getting under the skin of an interviewee, in reflecting upon Tipton's career, coaches and players alike commend Tipton for reporting fairly and doing his job well.

*Herald-Leader* sports columnist John Clay notes, “That's why Jerry is in not one but three Hall of Fames—the Kentucky Journalism Hall of Fame, the U.S. Basketball Writers Hall of Fame and the Marshall University Journalism Hall

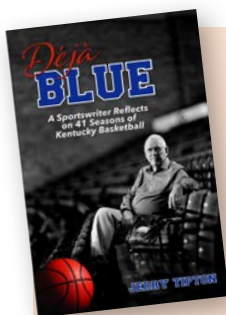
of Fame. For my money, he was the best basketball beat reporter in the country.”

Likewise, *Herald-Leader* sports editor Gene Abell describes Tipton as “not trying to win a popularity contest,” because he covered the games as a journalist instead of a fan. And though Tipton plans to continue to watch games in his retirement, he says, “... my rooting interest in sports ... has nearly disappeared.”

Devotees of the Big Blue Nation will no doubt relish Tipton's recollections and anecdotes spanning six coaches and countless unforgettable moments, both good and bad. From his start as a student journalist at Marshall University during the plane crash that took the lives of the majority of the football team, to buzzer-beaters such as the dreaded Laettner shot, to surviving a tournament tornado, Tipton seems to have seen it all, recalling each instance clearly enough to make current readers feel as if they were there, too.

Tipton includes a chapter singling out several heroes and villains he covered over the years. Perhaps with tongue in cheek, he inserts himself in the villains section. Throughout his career, he received critical and even threatening emails from die-hard fans accusing him of having a vendetta against UK. He clarifies, “I just want to write good stories and keep readers informed as well as possible.”

» Penny Woods



## One more thing

Jerry Tipton was so dedicated to asking one more question and getting one last quote that he once missed his flight out of Maui, Hawaii, as he waited to speak with then-coach Tubby Smith. He awoke after sleeping at his Atlanta gate to find a note from buddy (and then-sports announcer) Ralph Hacker at his feet.

*Déjà Blue* (Acclaim Press, \$26.95) can be purchased online at [www.acclaimpress.com](http://www.acclaimpress.com) or at major retailers.

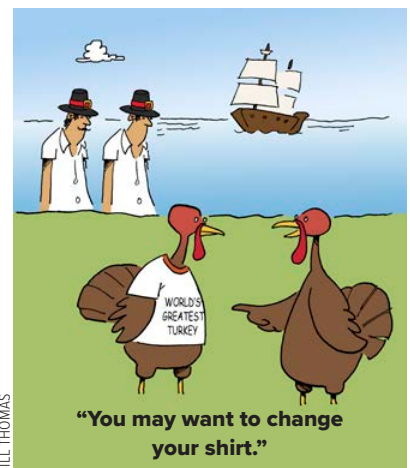
## ENERGY EFFICIENCY

tip

Save energy while you're out of town by lowering your thermostat a few degrees or creating an “away” schedule with a smart or programmable thermostat. (Heat pumps have different requirements; check your manufacturer's guidelines.) Newer water heaters include a vacation mode setting to help save on water heating costs, or you can lower the temperature manually. Small actions can stack up to energy savings.



ABBY BERRY



BILL THOMAS

# Richter honored for Kentucky Living career

Retired *Kentucky Living* Editor Anita Travis Richter was honored with the 2024 Statewide Editors Association Lifetime Achievement Award in late September.

Established in 2023, the award recognizes outstanding leaders who have made significant contributions to the advancement of electric cooperative communications and the Statewide Editors Association during their careers.

Richter is the second recipient of the award. She served as editor of *Kentucky Living* from 2015 until her retirement at the end of 2022. She joined the magazine staff as managing editor in 1996.

Accepting the award during the 2024 SEA Institute in Louisville, Richter said, “Working at (*Kentucky Living*) was fun and fulfilling, and you always knew that your team had your back no matter what. And I know that has not changed. So, to the Kentucky team, thank you from the bottom of my heart.”

Editor Shannon Brock nominated Richter for the award, saying, “(Richter) was my true introduction into the co-op way of life, and she taught me that surrounding yourself in this co-op family was a big step toward success ... She is dedicated to *Kentucky Living* and its sister magazines and has proven her dedication time and time again.”



JESS HAWKINS

## featured FRAMES

A horse enjoys a day at Sportsman Lake in Marion County. Photo by Connie L. Murphy, Liberty, a Taylor County RECC consumer-member.





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# ‘This is what we do’

*Kentucky co-ops send relief to neighbors*

JOE ARNOLD

**THE LARGEST OUT-OF-STATE** mutual aid response in the 87-year history of Kentucky’s electric cooperatives saw hundreds of co-op line-workers and contractors work for weeks to restore power at sister co-ops in Georgia, North Carolina and South Carolina.

The deployment came after co-op crews restored power to the more than 100,000 consumer-members in Kentucky affected by the remnants of Hurricane Helene. The September 27 storm brought winds of 40-60 mph and 3-5 inches of rain into central and eastern Kentucky, snapping tree limbs, toppling whole trees into power lines and breaking hundreds of poles across the commonwealth.

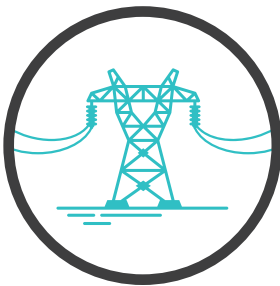
Helene knocked out electric service to an estimated 1.25 million co-op members as it passed from the Florida coast to southwest Virginia. It destroyed high-voltage transmission structures and turned highways into impassable mounds of uprooted trees and tangled messes of downed wires and poles.

Amid the calls for help, Kentucky Electric Cooperatives canceled the 2024 Kentucky Lineman’s Rodeo, scheduled for October 3-4 at East Kentucky Power Cooperative.

Kentucky-based United Utility Supply Cooperative immediately sent 12,000 bottles of water to French Broad EMC in North Carolina where landslides and flooding swept away roads

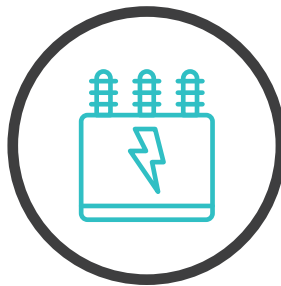
## The Steps to Restoring Power

When a major outage occurs, our crews restore service to the greatest number of people in the shortest time possible – until everyone has power.



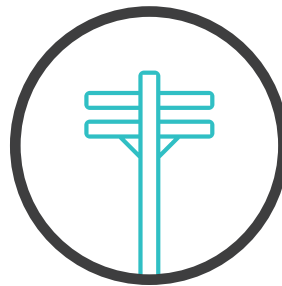
### 1. High-Voltage Transmission Lines

These lines carry large amounts of electricity. They rarely fail but must be repaired first.



### 2. Distribution Substations

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### 3. Main Distribution Lines

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### 4. Individual Homes and Businesses

After main line repairs are complete, we repair lines that serve individual homes and businesses.

and limited access to infrastructure and isolated communities. The Kentucky Rural Electric Disaster Fund sent two \$10,000 checks to electric cooperative relief efforts.

“Cooperation among cooperatives is one of our guiding principles,” says Safety and Training Director Randy Meredith. “It’s long hours in challenging conditions, but this is what we do.” **KL**



◀ Top left, Nolin RECC crews assist in the Blue Grass Energy area. Flanking Blue Grass Energy Line Tech Noah Newell are Nolin RECC Apprentice Line Tech Tyler Hornback, left, and Senior Service Tech Shaun Scherer. Photo: Josh Hess

Top right, Licking Valley RECC’s Trenton Reed stretches to make repairs in the Blue Ridge Energy service area in North Carolina. Photo: Licking Valley RECC

Bottom left, some roads were completely wiped out in the Blue Ridge Energy service area in North Carolina. Photo: Licking Valley RECC

Bottom right, crews dismantle trees in the Clark Energy service area. Photo: Charlie Pasley



# Running goals

## Marathons on every continent

Vicky Payne is on a mission. Her quest? To run a marathon on all seven continents.

Payne, Big Rivers Electric Corporation’s manager of fuels procurement, has always enjoyed running, but not necessarily marathons. “I thought people who ran marathons were crazy,” she says, laughing. “I don’t even want to drive 26 miles, much less run it.”

Even so, Payne and some friends signed up to run a women’s half-marathon in Nashville. From there, Payne began training for her first full marathon—the Derby Festival Marathon in Louisville. Following that race, Payne’s sole goal was to qualify for the Boston Marathon. She trained and trained, only



▶ Vicky Payne crosses the Ironman Chattanooga finish line. Photo: Finisher Pix

▼ On her quest to complete a marathon on each continent, Payne marked Antarctica off her list earlier this year. Photo: Kevin Geary

to be disappointed because her time wasn’t fast enough. She was not easily deterred, and after some close calls and COVID-19 setbacks, her determination paid off in 2021—she raced in Boston.

Payne’s next goal? To become a finisher in the Abbott World Marathon Majors, a race comprising the six largest world marathons held in Boston, Chicago, New York, Berlin, London and Tokyo. In 2023, Payne became one of fewer than 4,000 women in the world to complete the challenge.

Then Payne began competing in Ironman events, though in the beginning, she admits, “I couldn’t even swim a hundred yards or bike probably more than 15 miles.” Payne trained until she could swim 4,200 yards and bike 116 miles. After completing both a half and a full Ironman competition, Payne wondered what to do next and recalls deciding, “I think I want to run a marathon on every continent.”

Payne has already crossed off North America, Europe, Asia and Antarctica from her list. Last month, she ran in the Sanlam Cape Town Marathon in Africa—her fifth continent and 25th marathon.

To prepare for running in Patagonia, South America, in May 2025, Payne has been taking Spanish classes and training five to six days a week. Four months later, she will compete in Australia, completing her mission of running on every continent.

Payne has a unique outlook on running marathons and on life in general: “Don’t get complacent,” she advises. “A lot of times people are like, ‘You only live once.’ I’m like, I think the complete opposite. You die once, but you live every day. So, make the best of it.” **KL**

**AMY COBB**, a member of the Society of Children’s Book Writers and Illustrators, enjoys writing fiction and nonfiction for children and adults.



# Service, innovation drive Bestway Ag

*Hopkinsville company helps farmers 'get it done'*

JOE ARNOLD

## THROUGHOUT HISTORY,

farmers have looked for the best ways to cultivate healthier crops and achieve greater productivity.

For decades, Hopkinsville-based company Bestway Ag, served by Pennyriple Electric, has played a major role in a significant area of innovation: the agricultural sprayers that help farmers control pests, weeds and disease while encouraging growth.

The business is a leading manufacturer and marketer of ag spraying and liquid handling equipment, auto boom height controls that maintain accuracy and consistent applications, and specialized ag logistics equipment.

"We do everything from small sprayers like you would use in your lawn and garden all the way up to the largest agricultural models," explains Danny Vowell, Bestway Ag's marketing manager.

"Everything we do is geared toward helping the farmers get it done," Vowell says. "We like to say, 'get it done the best way.'"

The focus on innovation and customization primed Bestway to recognize early on the capabilities of drones for agricultural tasks, such as seeding cover crop and dispensing fish pellets in ponds.

"Within the last two years, we have become one of the top distributors in the United States for agricultural drones," Vowell says. "We captured a huge portion of the market share very, very quickly."

Headquartered in Hopkinsville, Bestway also operates locations in Alabama, Mississippi, North Carolina and Kansas. **KL**



## *Drones to the rescue*

When victims of Hurricane Helene became stranded in the mountains of North Carolina, Jeff Clack says he felt "a little bit of divine communication" to use drones to help them.

Clack heads drone teams at Bestway Ag, a leading distributor of drones used in agriculture.

Aware the company had just received several specialized heavy-lift drones, "I just knew we had to deploy these drones to help people survive," Clack recalls, "and to get comfort and hope."

Within hours of the catastrophe, workers in Hopkinsville prepared the drones while a pilot made his way from Wisconsin to pick up the drone trailer and rendezvous with Clack and an Alabama-based pilot in North Carolina.

"We coordinated our air assets with air bosses at emergency operation centers and emergency management

teams, because we wanted to do this 100% by the book," the Air Force veteran explains.

Using thermal imaging, the drone team located survivors in the overnight hours while volunteer pilots airlifted special batteries from Fort Lauderdale, Fla., to power the heavy-lift operations.

The drone team improvised a system using contractor-grade garbage bags to deliver the essentials, such as ready-to-eat meals and cases of water. Among the most critical airlifts was baby formula to a new mother who was dehydrated and not able to breastfeed.

Using a loudspeaker with pre-recorded messages, "we asked them 'yes and no' questions and looked at them through the drone camera," Clack says. "They gave us thumbs up or thumbs down.

"The main message that we wanted them to know is they have not been forgotten."



BestwayAg.com

**LOCATION:**  
Hopkinsville

**INDUSTRY:**  
Agricultural sprayers, equipment and drones

**ELECTRIC COOPERATIVE:**  
Pennyriple Electric

◀ Bestway Team Pilot James Harris uses a drone to search for survivors at a mudslide site in North Carolina. Also pictured are Russell Hedrick, North Carolina farmer and social media influencer, searching the site; and Officer Mike Howard, of the Marion, N.C., police department, coordinating and acting as a visual observer for safety. Photo: Bestway AG

# GUARDIANS OF HISTORY

World War II veterans share their stories

BY STEVE FLAIRTY

**T**he remembrances, though foggy, remain 79 years later. Somewhere in the Pacific, gunnery mate 2nd Class Oakley Hacker stood dutifully on the rear deck, a Navy Armed Guard member protecting the cargo vessel S.S. Oliver Wolcott, one of America's vaunted World War II Liberty ships.

Clad in naval dungarees, white T-shirt and sailor's cap, he remembered previous strife at Normandy Beach and the Philippines, but the inviting waters around the Oakland, California-bound ship promised better on that late summer day in 1945.

Not long after the Hiroshima and Nagasaki bombings, Hacker explains, "We got word to throw all the ammunition overboard." He would soon be on his way home to his native Clay County, Kentucky.

Hacker, at 108, is Kentucky's oldest WWII veteran. He was one of about 300,000 Kentuckians who served in history's most costly conflict. More than 50 million died worldwide. America, entering in 1941 after the Pearl Harbor attack, lost some 416,800. Of that number, 6,802 were Kentuckians—and one was Hacker's brother.

Several Kentuckians shined publicly in the war—notably Franklin Sousley, flag-raiser at Iwo Jima, and Simon Bolivar Buckner Jr., a governor's son who was the highest-ranking American officer killed. Seven Kentuckians were Medal of Honor winners. But most were known by only their families and friends, or their wartime buddies.

Hacker says he feels "appreciated ... something you think ought to happen" after visiting the WWII Memorial in Washington, D.C. He is well-liked at the Eastern Kentucky Veterans Center in Hazard, where he now lives. "They are good to us here," he says.



▶ At 108, Oakley Hacker is Kentucky's oldest World War II veteran. Shown above is a drawing of the S.S. Oliver Wolcott, the cargo vessel on which Hacker served in 1945. Photo: Tim Webb; drawing: Will Cressy





Ruth "Pat" Humphrey served in the Coast Guard, first as a typist and then in the medical department. Photo: Tim Webb

WWII veterans like Hacker deserve to be honored while there is still time. According to the National World War II Museum, there were about 1,736 WWII veterans living in Kentucky in 2023. All of them are in their late 90s or older.

## “WE WORKED HARD”

The vivacious Ruth “Pat” Humphrey, now 100, joined what she called “the swimming thing,” or Coast Guard. That followed when her first choice, the Army Air Corps, wasn’t available. She recalls that in basic training, “you had to help the others if you could swim.” Humphrey followed five brothers who served in the military.

Starting as a typist in the branch’s headquarters in Washington, D.C., she later took supervisory responsibilities in the medical department. “It wasn’t fun. We worked hard,” she says. The post-war brought many parades, and she proudly notes that she “marched in several of them.”

## “FOCUSED ON THE MISSION”

Richard Kolodey is nearly the age of his 101-year-old farmhouse in Slaughters. At 99, he has much wisdom, honed early by the 100 bombing missions he experienced as a U.S. Marine gunner on a Grumman TBF Avenger dive bomber.

Kolodey engaged in all three major battles of the Solomon Islands in the Pacific theater. The bomber crew consisted of a pilot, a turret gunner and a belly gunner working the radio. It was dangerous, but “We were focused on the mission,” he says. “You trusted the pilot. You’d get a lot more nervous when you got back and out of the plane.”

In June, Honor Flight Bluegrass offered World War II veterans the opportunity to fly in a B-25. Photo: Michael Montgomery

Paul Jones, third from left, participates in an Honor Flight organized by Honor Flight Bluegrass. Jones served in the Navy Air Corps during World War II. Photo: Michael Montgomery







After the war, Kolodey worked in the A&P grocery chain and has been active in his church. He was recognized for good Sunday school attendance for over 70 years. He's often interviewed about his military service and is always looking for living veterans who served in his time and area. They're tough to find, he says.

## “THE GREATEST PRIVILEGE I EVER HAD”

When Paul Jones joined the Navy Air Corps, he received flight training in Pensacola, Florida. Unexpectedly, baseball legend Ted Williams was one of his instructors. “I lucked out,” says the affable Jones, who idolized Williams.

Jones, of Corbin, didn't see action overseas, but he did spend 19 months in tough training, ready to go, and he remains a patriot. “I was proud of that uniform. It was the greatest privilege I ever had,” says the 102-year-old. “We paid a big price. A lot of fellows did. I lucked out and didn't. If we hadn't won World War II, you and I wouldn't be here now.”

## “JUST SO HAPPY THAT I GOT BACK”

When Nathan Hatton Jr. and his best friend appeared at the Wolfe County draft board desiring to volunteer into the U.S. Army, Nathan's third cousin happened to be in charge. “Your mom will kill me,” said the director, not wanting to expedite the process. Undaunted, the two signed up. Hatton went to Fort Bragg, North Carolina, for basic artillery training, and his friend went to the hospital with food poisoning.

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Hatton would be deployed in Europe after the Battle of the Bulge, spending much of his service time in France under challenging conditions. He recalled camping with his unit at a burned building and standing “guard duty for four hours in the freezing rain. It was cold.” Snowbound at another location, Hatton says, “Some of the guys went into town and came back with a pot-bellied stove, stove pipe, a bag full of coal and some wine. It helped a little bit, you know.”

The 98-year-old, who volunteers weekly at his church’s food pantry, concludes, “War is terrible. Just so happy that I got back.”

▲  
Paul Baker enlisted in the Army Air Corps in 1945 and finished his career in the Air Force, retiring in 1967. Photo: Tim Webb

## “I WANTED TO SAVE THE COUNTRY”

Perry County native Paul Baker, 97, entered the Army Air Corps during the war’s last year, 1945, after being told that if he volunteered, they’d “give me what I want.” Encouraged by a high-ranking officer, he became a flight engineer and “sat behind the co-pilot,” he explains. He spent the next 22 years in the Air Force, retiring in 1967. Though he missed most of WWII as a late enlistee, he emphasizes that he was ready. “I wanted to save the country,” he says.

Kentucky veteran advocate and Miss America 2000, Heather French Henry, praised WWII veterans during the June 6 Honor Flight Bluegrass event at Louisville’s Bowman Field.

“It’s really a privilege to be able to honor their sacrifice and service,” she said. “You can see in their eyes that they are remembering... (and) to be able to talk to those heroes as living pieces of history and know that they did such a profound service for the world is really breathtaking. ... These moments are just as much for educating future generations as [they are] for us to remember.” **KL**

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### Extraordinary lives

Albert Wess overcame childhood trauma and served in the storied Red Ball Express. Dale Faughn drew on his battlefield experience to pen thousands of poems during his 98 years. Learn more about these veterans, as well as the nonprofit Honor Flight, at KentuckyLiving.com.

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# FOOD THOU



# FOR GHT

## Understanding food allergies and sensitivities

BY KRISTEN WHITE

Alex Francke Sohn starts to make dinner. She can't eat gluten—products made with wheat, rye, barley or, for some people, oats—so that means no traditional noodles, rolls or tortillas go into her meal prep. She has an intolerance to dairy and soy, so she stays away from vegetable oil and cheese. If you haven't experienced a food allergy, sensitivity or intolerance, you might wonder, "Why can't she eat whatever she wants?"

Sohn, who grew up as a Blue Grass Energy consumer-member, struggled with nagging health problems as a freshman at the University of Kentucky in 2016. Her resident advisor had celiac disease and recognized Sohn's symptoms. After testing, Sohn was diagnosed with celiac disease, and then later with intolerances to dairy and soy. While she is not at risk for a life-threatening allergic reaction, her doctor recommended strictly avoiding gluten, dairy and soy to stay well and prevent damage to her digestive system.

Sohn was relieved to know the source of her pain, but food restrictions were a different kind of worry. She couldn't participate in food-centric social gatherings like midnight pancakes and pizza nights the way others could. "I wanted to be part of what the group was doing, but I couldn't order much on a fast-food run," she explains. "At that time, people were less aware of medically related food reactions. Sometimes I wouldn't go eat with friends because I didn't want to answer a million questions."

Since her diagnosis, Sohn has learned to successfully manage her dietary needs, including while serving as Miss Kentucky in 2019–20. In her current role as director of marketing and public relations at Faithful Platform, a jewelry company in Lexington, she often travels for work. She has noticed an increase in options for gluten- and dairy-free eating.

“The number of allergen-free products in stores and restaurants is starkly different than it was even five years ago,” she says. “I’m grateful for that. Still, meals are something I have to be careful with every day.”

### The risks are real

Samantha Griffiths thinks about what’s on her plate every day, too. She was 2 years old when she had her first life-threatening (anaphylactic) reaction to peanuts. Her mother acted quickly and got her to the emergency room, where the doctor treated her with an epinephrine injection.

During her school years, Griffiths remembers being fearful of contacting her trigger food, and feeling left out at times when she was made to sit at a table separate from other students at birthday parties. “I appreciated being kept safe, but no one should be made to feel isolated because of a food allergy,” she says.

Today, Griffiths is a psychotherapist based in Shelbyville specializing in treating obsessive compulsive disorder and anxiety, and she uses her experience to help others adjust to living with anaphylactic food allergies. “If you don’t have allergies in your circle of family and friends, it is hard to understand the fear some people have simply sitting down to eat. What should be a source of joy—a meal with family or friends—can sometimes cause anxiety. The right information and support help, but a food allergy is a medical condition that requires attentiveness,” she says.

Nearly 6% of adults and children in the United States live with a food allergy, according to the Centers for Disease Control and Prevention. Millions more



Alex Francke Sohn, left, and Brianna Butler enjoy a picnic at the park with allergy-friendly foods. Photo: Alex Francke Sohn

## ALLERGIES, SENSITIVITIES, INTOLERANCES: WHAT’S THE DIFFERENCE?

Not all negative reactions to trigger foods are due to allergies. Sensitivities and intolerances trouble many people, too. While they are not life-threatening, they can certainly impact health and day-to-day living.

Sandra Meyerowitz is a registered dietitian in Louisville who has received advanced training in managing adverse food reactions, focusing on food sensitivities. According to Meyerowitz, food sensitivities and intolerances sometimes present symptoms similar to food allergies; the difference is what happens on the inside.

- In a food allergy, the immune system has an immediate response that can lead to anaphylaxis, a life-threatening allergic reaction.
- Food sensitivities do not involve the immune system in the same way as food allergies. A person’s immune system reacts by releasing chemicals and antibodies into the bloodstream, but not the kind of antibodies that cause severe reactions. Gastrointestinal upset, migraines and inflammation may result from eating these foods. The tricky part of sensitivities is that they can occur up to 72 hours after eating the offending food, and symptoms may not seem connected to eating.
- Food intolerances happen when a person’s body lacks the physical mechanism to digest or metabolize a food, such as a person who does not produce enough of the enzyme lactase to process the lactose in cow’s milk.



Samantha Griffiths draws on her own experience to help kids and families adjust to food allergies. Photo: Samantha Griffiths



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struggle with ill effects from foods due to sensitivities or intolerances. The nine most common food allergens are milk, eggs, fish, crustacean shellfish, peanuts, tree nuts, wheat, soybeans and sesame, but people can be allergic, sensitive or intolerant to any food.

### What is a food allergy?

Food allergies occur when the body's natural immune defenses, called antibodies, react abnormally to a substance in food. Antibodies in the bloodstream fight off bacteria, viruses and more. Occasionally, a person's body misinterprets something that's not harmful, such as a protein in a food, as a danger. When this happens, the body releases an allergen-specific antibody called immunoglobulin E or IgE, to attack the suspicious substance. This leads to a release of histamine. The person then experiences symptoms that can range from mild effects like an itchy throat or rash, to severe effects such as elevated heart rate and breathing difficulties that require medical intervention.

Experts do not fully understand why some people have the more life-threatening allergies to food, says Shaunah Ritter, a board-certified allergist, immunologist and internal medicine practitioner with Family Allergy and Asthma.

"We know there are several risk factors for development of a food allergy—like eczema, delayed introduction of allergenic foods or allergies in

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Shaunah Ritter of Family Allergy and Asthma, right, talks with a patient about the possibility her symptoms are connected to a food allergy. Photo: Kristen White



child has a high risk of having an allergy, babies as young as 4 to 6 months should be introduced to a wide variety of foods, including possible allergens,” Ritter says.

Even with new research, food allergies remain mysterious—and dangerous. About 100 people in the U.S. die annually from food-related anaphylaxis. A food allergy diagnosis requires vigilant avoidance of the problem food and other safety measures such as carrying two portable epinephrine injection kits (EpiPens) in case of accidental exposure to the allergen.

These habits—avoidance and emergency treatment, along with other lifestyle changes—amount to a medical care burden, but not one people should be ashamed of. Ritter encourages families to face the diagnosis head on. “Be open to others about your allergies so you can enjoy day-to-day activities in a safe way,” she says. **KL**

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### How can I help?

Does a friend or family member have a food allergy or sensitivity? Find out how you can help them stay safe—and welcome—at food-centric events by going to KentuckyLiving.com. You’ll also learn about the “red meat allergy,” the connection between mononucleosis and gluten sensitivity, and the psychological effects of food allergies.

the family—but there is not one specific reason someone develops food allergies,” says Ritter, who serves patients in Georgetown, Richmond and Somerset.

Research is ongoing, but at this time there is no cure for food allergies. The primary treatment is strict avoidance. “One thing we have learned about preventing food allergy development is that, unless a

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# ★ MISSION READY ★

Workforce programs assist veterans' transition to civilian careers

BY TOM WILMES

Grant Hardin arrived at Fort Jackson, South Carolina, for basic training in May 1999. He'd graduated from high school in his hometown of Plattsmouth, Nebraska, just 10 days earlier, and now he was about to embark on a new journey that would shape his life and career.



After completing Advanced Individual Training as a food service specialist and attending Airborne School, Hardin spent the bulk of his military career at Fort Liberty, North Carolina. He deployed to Afghanistan seven times as a member of the 82nd Airborne Division, 7th Special Forces Group, and his role as a dining facility manager saw him cooking and overseeing meal service for both small teams and large groups.

Hardin spent the last seven years of his military career as an enlisted aide to a commanding general, helping to host and cook for high-ranking officials, foreign dignitaries and celebrities.

As retirement approached, Hardin faced a new challenge: transitioning to civilian life. He returned to his home near Fort Knox in Kentucky, where he'd previously been stationed and where his wife and two small children were waiting, and decommissioned from the Army in June 2023. He and his wife had worked to pay down all of their debts, which afforded Hardin some time to ease back into civilian life, but a fruitless job search made him uneasy.

"I hadn't worked in the civilian workforce since I was 18 years old. I became very stressed not knowing about another

job or if I'd have to change career fields," he says. The Army's Transition Assistance Program provided some support, but the process was frustrating. "I was applying for positions and never hearing back," he says. "It was hard to find someone who valued my experience."

During a hiring event at Fort Knox, Hardin met representatives from KY VALOR (Veterans Accelerated Licensure Occupational Recruitment), an initiative administered by the Kentucky Science and Technology Corporation that helps veterans leverage their military experience to find fulfilling post-service careers. "We were tasked by the federal government to overcome the disconnects between military training and civilian licensure requirements," explains executive director Molly Bode.

"Historically, civilian licensing requirements have discounted military training and experience. They've either not counted it or given them less credit than they truly deserve," she says. "For military folks, that's resulted in an unnecessary burden in the form of either having to go back to school for additional education or paying for more training in order to get a civilian job."

The program has developed 44 accelerated pathways leading to 55 levels or categories of civilian licensures, and covering more than 180 military

Originally from Plattsmouth, Nebraska, Grant Hardin deployed to Afghanistan seven times, overseeing meal service for small teams and large groups and later served as an enlisted aide to a commanding general. Photos: Grant Hardin

occupational specialties, Bode says. The initiative has garnered the support of nearly 500 employer partners across various sectors, including health care, protective services, business, skilled trades, transportation and education.

"We are open to any veteran, any interest, any job," Bode says. "Our goal is for that service member's resume to be on top of a Kentucky employer's pile."

Representatives with KY VALOR worked with Hardin to optimize his resume and identify job leads that matched his desired salary range. The initiative paid off earlier this year when he accepted a civilian contractor position as the east regional manager of the Army's Transition Assistance Program, where he assists fellow veterans with their transition back into civilian life and, often, refers them to KY VALOR and related programs around the state that assist with veteran workforce development.

**CONTINUED ON PAGE 27**



◀ Workforce Development Manager Nicki Stewart, second from left, and Executive Director Molly Bode represent KY VALOR along with FEAM Aero partners during an aviation industry event at the state Capitol. Photo: KY VALOR

## OTHER INITIATIVES

Veterans comprise a talent pipeline, bringing maturity, accountability, leadership and stability to the workforce—qualities that employers value. Veteran workforce development programs help match veterans with those positions and translate their military experience and expertise to the workplace.

The Kentucky Veterans Employment, Training and Support program, abbreviated as KY VETS, is a state-run initiative administered by the Kentucky Department of Veterans Affairs in

conjunction with the Kentucky Career Center and other agencies. The KY VETS lead meets with transitioning personnel at Fort Knox and Fort Campbell throughout the year, says Department of Veterans Affairs Commissioner Whitney Allen. Under the program’s umbrella are services to assist veterans in transitioning to civilian employment, including job search assistance, interview preparation, resume writing, tuition assistance waivers and training opportunities.

“We love our veterans and have various programs in place to assist them in

their professional endeavors,” Allen says. “We (also) want employers to honor those who have served our country with an opportunity to interview for gainful employment and allow veteran-owned small businesses to be able to compete on requests for proposals from their organizations.

“I think one of the biggest challenges for transitioning veterans from an employer’s point of view is translating and understanding military skill sets, as veterans during their service are far more multifaceted than their job titles would imply on the surface.”

## A SUPPORTIVE EMPLOYER

One employer that has recognized the value of hiring veterans is FEAM Aero, a nationwide company specializing in aircraft maintenance that has a major presence at the Cincinnati/Northern Kentucky International Airport.

“About 20% of our workforce, or around 300 of our 1,500 employees, are

## VETS POWER US

*Co-ops and vets are a natural connection*

Through its Vets Power Us program, the National Rural Electric Cooperative Association helps connect veterans who are transitioning into the workforce with positions at more than 900 member cooperatives across 48 states.

More than 40% of U.S. veterans hail from rural areas, according to NRECA, and veterans have long comprised a significant percentage of the workforce among rural electric co-ops, says Desiree Dunham, NRECA’s workforce programs manager. It’s a natural connection that taps into a workforce who are motivated,

have technical expertise and leadership experience, and are ready to work.

“We wanted to tap into that even more, so in 2020, we rebranded the program and created a new website and marketing materials to help co-ops highlight that they not only support hiring vets, but [they also support] honoring them,” Dunham says.

Veterans are well-equipped for jobs in the industry, with many tasks requiring attention to detail, problem-solving skills and an increased emphasis on cybersecurity, broadband and

communication and compliance. The difficulty has been getting the word out.

“Younger generations, especially, may not have an awareness of cooperatives or understand the variety of career paths that are available to them,” Dunham says. “We provide resources for the co-op to help translate those military skills and experience to jobs at an electric co-op.

“The cooperative principles around collaboration, a mission-oriented mindset and supporting the community resonate with a lot of veterans.”



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**Resources for vets**

Visit KentuckyLiving.com for links to resources that help veterans find jobs and develop their careers, easing the transition into civilian life.

▲ FEAM Aero, a nationwide aircraft maintenance company, says about 20% of its employees are veterans. Photo: FEAM Aero

veterans,” says Chief Operating Officer Wayne Sisson. FEAM Aero has hired three people through the KY VALOR program and invests significantly in their transition. “We spend between \$16,000 to \$18,000 per veteran, covering hotel stays and costs to earn their A&P (airframe and power plant) license,” Sisson says.

Veterans who can demonstrate qualifying military experience are offered

a waiver for the minimum two years of technical school typically required to sit for the A&P exam (and a roughly \$40,000 expense) and can move straight to taking the test. FEAM Aero also accounts for a veteran’s years of military experience in its salary program, recognizing those years of service in its pay scale.

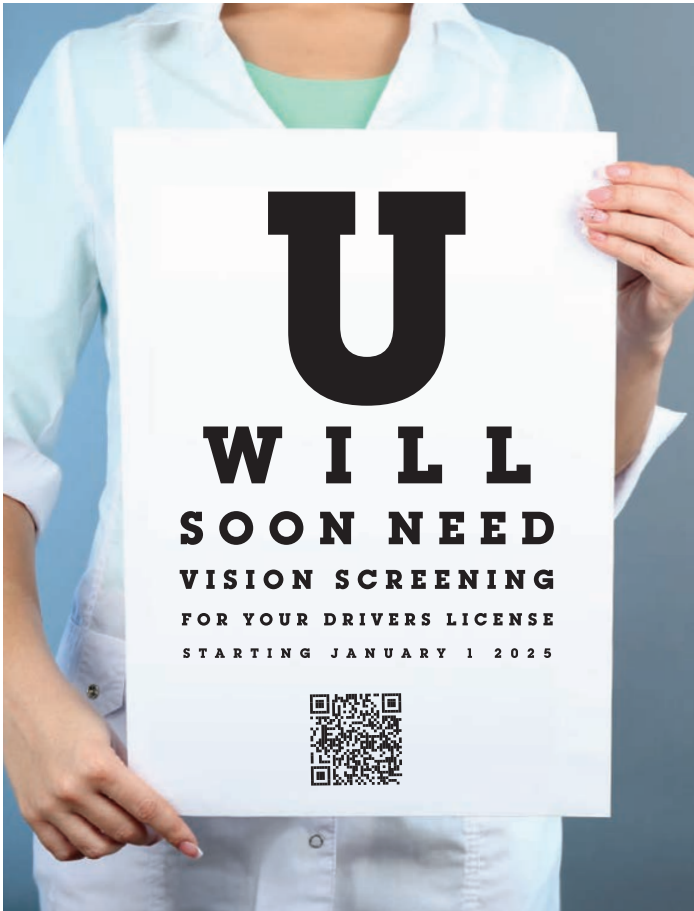
“The biggest thing we need on the flight line is maturity and oversight, and these are qualities veterans bring,” Sisson says. “Additionally, there’s more stability; they don’t tend to job hop as much.”

Sisson, a Marine Corps veteran, understands the importance of supporting veterans in their transition. “I served

10 years in the Marine Corps, and the skill set I gained has carried me through my entire adult life,” he says.

Sisson says the industries experiencing or projected to experience a shortage in qualified personnel—including aviation and aircraft maintenance, health care, manufacturing and many others—would do well to actively recruit veterans.

“There’s a hunger for veterans now in every industry for their discipline, leadership, teamwork and loyalty,” he says. **KL**



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## A time to heal

"I've been involved with it since the beginning—that's what it means to me," says Vietnam War veteran Jerry Cecil. "I'm still out here at 81 years old."

Cecil is a director on the board of the Kentucky Vietnam Veterans Memorial. Situated on a hill overlooking the state Capitol, the memorial is a granite plaza made of 327 panels that weigh more than 215 tons. In the memorial's center, a 14-foot gnomon—the upright portion of a sundial—casts a shadow across the engraved names of the 1,109 Kentucky veterans who died in the Vietnam War.

Dedicated in 1988, it's one of the largest granite memorials in the nation. The design by Lexington architect and veteran Helm Roberts is precisely engineered so that the gnomon's shadow touches veterans' names on the date of their death.

On October 22, the shadow pointed out the name of Frank Dunford, a soldier from Cecil's platoon who died in an ambush in Phu Bon province in 1967. Cecil visits the memorial yearly on the anniversary of Dunford's death. If the sun's out, he takes a picture of Dunford's name and sends it to friends who knew him.

On November 11 at 11:11 a.m., the shadow will touch an unassuming notch in the granite that marks Veterans Day. It was also the day, in 1967, when Cecil was wounded during the Battle of Dak To. He was later awarded the Distinguished Service Cross for racing "through a hail of bullets" to carry wounded soldiers to safety. But Cecil doesn't talk about himself. He's there to remember.

"This is about respect, remembrance and reverence," Cecil says. "... You're never forgotten, as long as someone's still saying your name. And that's what we're doing here every day."

**Story: Joel Sams**

**Photo: Tim Webb**

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# Tips for indoor plants

Try a popular succulent

**THERE ARE MANY POSITIVES** to growing plants indoors—some studies have shown that indoor plants can actually increase feelings of happiness. Multiple factors determine the success or failure of indoor plants, including plant species and size, light levels and quality, container type and size, soil type, air temperature, humidity, moisture and available nutrients.

All these factors must be balanced for a houseplant to grow and thrive indoors. I have found that low or no light, in combination with improper watering and overfertilization, are the most common causes of plant decline and failure indoors.

For example, *gasteria obliqua*, also known as ox tongue or lawyer's tongue, is a succulent that can grow in low light conditions. But that doesn't mean no light conditions. To thrive, it still must be in or near a window. Even plants that tolerate low light need bright indirect light. This means the light source doesn't have to hit the foliage, but it does have to be strong enough to cast a distinctive shadow. Light levels drop quickly even just a few feet from a window.

Ox tongue also needs well draining soil. Water it well, but always let the soil dry in between waterings. When and how much you water any houseplant depends on many factors, so there is no quick answer



SHELLY NOLD

for how much and how often you need to water. Every home environment is unique and can change from season to season. The way you water and care for your houseplant in the summer is different than in the winter.

During the short days of winter, your houseplants will have a natural rest period in which they can tolerate a little lower light than normal, use less water and require little or no fertilizer. If you have a programmable thermostat and your home's air temperature is 10 to 15 degrees cooler at night than during the day, you will not only save energy, but your houseplants will positively benefit, because this change mimics a natural daily fluctuation in temperature. **KL**

**SHELLY NOLD** is a horticulturist and owner of The Plant Kingdom. Send stories and ideas to her at The Plant Kingdom, 1000 E Market St., Louisville, KY 40206.

## ASK THE gardener



What are the brown spots on my Japanese maples?—Sheila Lindsey

**A** Japanese maples are susceptible to a variety of insect and disease issues. It might be that your tree has a fungal disease and cankers have developed. Take a sample to the horticulture agent at your County Cooperative Extension Service for diagnosis. They will be able to give you a definitive answer, or send the sample off for analysis. Use a sharp pair of pruners and remove the infected branch back to the nearest intersecting branch. Be sure to dip your pruners in alcohol before making another cut. This will help to prevent disease spread.

» Angie Oakley



JOEL SAMS

### Have a gardening question?

Go to [KentuckyLiving.com](http://KentuckyLiving.com), click on Home & Garden, then "Ask the Gardener."

READER  
*recipe*

Classic Kentucky treat

**Cream Candy**

Submitted by Cindy Gibbs

Owen Electric consumer-member

**4 C sugar****Pinch of salt****1 C boiling water****1 C heavy whipping cream****1 tsp pure vanilla****Butter for chilled cookie sheet or marble slab**

Butter the backs of two cookie sheets or a marble candy-making slab and place in freezer at least 20 minutes. Have someone on hand to help pull candy.

Combine sugar, salt and boiling water in large pan. Bring to boil over high heat. Cover pan and cook for exactly 5 minutes.

Remove lid and reduce heat to medium. Add candy thermometer to side of pan. Slowly add cream, making sure mixture does not stop bubbling. **DO NOT** stir. Cook to 260° on candy thermometer.

Remove candy from heat and immediately pour onto back of chilled and buttered cookie sheets or marble slab. **DO NOT** scrape insides of pan. Drizzle vanilla over surface of candy. Using metal spatula, turn each long side of the candy inward. Flip candy over to cool top side.

When candy is cool enough to handle, divide and give one half to your helper. Using your fingertips, pull candy at least 3-4 minutes until it's no longer shiny and sticky and has started to look satiny and lighter in color. Pull candy into long, twisted ropes and place on the cookie sheet or slab. Using scissors, immediately cut candy into pieces about 1 1/2 inches long. Make sure candy pieces do not touch.

Cover candy with a towel and let sit overnight to cream. Pieces can be placed in a tin, but don't touch them until the candy has cooled. Makes 2 pounds.

HEATHER BILYEU

## Family feasts

*Southern dishes for Thanksgiving*

**THANKSGIVING BRINGS** a warm sense of nostalgia. From watching the parade in the morning to familiar family recipes and time together, it's all things good in life. Enjoy these Southern dishes around your tables this year. Slow cooker green beans and Kentucky cream pull candy both feed a crowd. From our family table to yours, Happy Thanksgiving!

### Slow Cooker Green Beans

**½ lb bacon (6–7 slices), cut into bits****½ onion, finely diced****100 oz canned green beans****1 tsp salt****¼ C brown sugar****1 tsp pepper****4 Tbsp butter**

Cook bacon in a large skillet over medium heat until crispy. Remove with a slotted spoon and place on paper towel to soak up excess grease. In a slow cooker, add cooked bacon bits and remaining ingredients. Cover and cook on low for 4–6 hours or high for 2–3 hours. Serves 24.

**HEATHER BILYEU**, raised in southern Kentucky, is the owner and voice behind the food blog, *Fueling a Southern Soul*.

**SEE  
VIDEOS**at [KentuckyLiving.com/Cook](https://KentuckyLiving.com/Cook)Go to [KentuckyLiving.com/submit-a-recipe](https://KentuckyLiving.com/submit-a-recipe)

HEATHER BILYEU



# Old dog, new tricks

The Rex in Nancy harks back to grandma's kitchen

JOEL SAMS

**ON THE BACK STRETCH** of his sixth decade, Rick Barker decided to try something new. Following a 35-year career in local government and 15 years running his own real estate and auction business, he opened The Rex restaurant on February 6.

Located in Nancy, about 10 miles southwest of Somerset, The Rex serves up made-from-scratch favorites like the Manhattan sandwich (Barker's favorite dish), fried catfish, chicken and dumplings, meatloaf, homemade pies, a full ice cream counter and more.

Barker, who turned 69 in September, says business is strong. He employs 32 people, serving around 5,500 customers each month. He attributes the restaurant's success to three key elements: delicious home-cooked food, friendly staff and a clean space.

"I just wanted home cooking," he says. "I thought back to what I went to my grandmother's and ate. ... We have things on there that a lot of restaurants don't have, like macaroni and tomatoes, deviled eggs, fried green tomatoes."

And the restaurant's name? "Rex is my partner," Barker says. "He's the dog."

Rex belonged to a man named Stephen who was Barker's employee and close friend. "He was like a son to me," Barker says. When Stephen died three years ago, Barker made good on his promise to take care of Rex. "I never had an inside dog," he says. "I thought dog people were crazy. Well, you know, I'm the king of crazy now."

Served by South Kentucky RECC, The Rex is located at 9520 W. State Route 80 in Nancy, open 11 a.m.-8 p.m. Tuesday-Saturday, closed Sunday and Monday. **KL**



RICK BARKER

## The Rex Granny's Meatloaf

Serves 12

- 3 lb 80/20 ground beef**
- 1/3 C milk**
- 1/3 C breadcrumbs**
- 2 tsp Worcestershire sauce**
- 2 tsp onion powder**
- 1 tsp garlic powder**
- 1 tsp black pepper**
- 1 tsp salt**
- 1 egg**
- 1/2 onion, diced**
- 1/2 C diced green bell pepper**
- 1 C ketchup**
- 1/2 C brown sugar**

Preheat oven to 350°. Combine all ingredients except ketchup and brown sugar, then press mixture into 9x13-inch casserole dish. Bake 45 minutes. While meatloaf bakes, mix ketchup and brown sugar. After 45 minutes, pour mixture over meatloaf and bake 10 more minutes.



RICK BARKER





# Smart home tech on a budget



*How can smart home technology help me lower my power bill?*

**MIRANDA BOUTELLE**  
writes on energy efficiency for the National Rural Electric Cooperative Association

Let's start with smart thermostats, which save energy by automatically adjusting your heating or cooling system. You can save as much as 10% a year on heating and cooling costs by adjusting your thermostat 7 to 10 degrees from its normal setting for eight hours a day, according to the U.S. Department of Energy. Remember, though, if you have a heat pump, do not change the settings more than one degree in heat mode to avoid kicking on expensive auxiliary heat.

You can program a smart thermostat to change the temperature when you are asleep or away, or use a smartphone app to adjust your thermostat settings. Prices range from \$80 to \$250, depending on features. Check to be sure a smart thermostat is compatible with your system.

## Other appliances

Your water heater can also be controlled for energy

savings. Installing a timer on it can save the energy it uses by turning it off at night. A smart heat pump water heater may be equipped with Wi-Fi capabilities for controlling it remotely, viewing the amount of hot water available and tracking energy use.

Smart lighting lets you control lights in your home

▲  
Smart thermostats make it easier to save energy by automatically changing the temperature when you are asleep or not at home. Photo: Ecobee

remotely or set a lighting schedule that fits your lifestyle—beneficial for energy savings and home security.

Smart light switches, ranging from \$10 to \$50, are another budget-friendly way to control lighting.

Smart plugs can be set to automatically turn off and on, or control them using a smartphone app. Prices range from \$8 to \$25.

For all these upgrades, consider the price tag as well as long-term savings. **KL**

## SMART DECOR

A wide variety of styles of smart shades, curtains and blinds have integrated smart controls. You also can add smart controls to your existing blinds or curtains to reduce summer cooling needs and winter heating needs. Both options allow you to adjust the tilt of blinds and open or close curtains. Set a schedule, control them remotely or use a voice command paired with a voice assistant, such as Alexa or Google Home.



# Safety also is in season

*Shooting near electrical equipment can be costly and deadly*

## HUNTING SEASON BRINGS

outdoorspeople of all skill levels and experience into rural Kentucky, often to unfamiliar areas. While most hunters follow safe hunting practices, they also need to be aware of electric power lines and electrical equipment above them and on the ground—even in remote areas.

While skilled hunters wouldn't deliberately shoot blindly toward an electric infrastructure, there have been instances over the years of accidental damage and intentional vandalism to some power poles and hardware. Electrical equipment damaged by gunshot is costly to the utility and to customers relying on that power. The damage can even spark a fire.

Hunters should never shoot near or toward overhead power lines, power poles or substations. A stray bullet can damage equipment. Sometimes the damage, such as to an insulator, isn't noticed until it rains—and then it can cause an outage or a fire. Damage can also happen to the conductor,



RACHEL CUMMINGS

possibly dropping a line from its perch. If it's dry and the electricity goes to ground, electrocution and fire could result.

Hunters also should familiarize themselves with the location of power lines and equipment on land where they are hunting, and be especially careful in wooded areas where they may not be able to see power lines. Landowners can help by reminding those hunting on their property to be aware of power lines and other electrical equipment. It goes without saying that sportsmen and sportswomen should heed warning signs and keep away from electrical equipment.

Hunters should not use utility poles or towers to support equipment used in hunting activities or for supporting deer stands. Energized lines and equipment on the poles can conduct electricity to anyone who comes in contact with them, causing shock or electrocution.

Of the many general safety tips for hunting, one is especially pertinent to electrical hazards: Always carry emergency items such as a first aid kit, cell-phone, whistle and flashlight. **KL**

### *Electrical safety tips for hunters*

Keep these guidelines in mind during this hunting season:

- Note posted warning signs and keep clear of electrical equipment.
- Do not shoot at or near power lines or insulators.
- Know where power lines and equipment are located on the land where you hunt.
- Be especially careful in wooded areas where power lines may not be as visible.
- Do not place deer stands on utility poles or climb poles.
- Do not place decoys on power lines or other utility equipment. Any non-electrical equipment attached to a pole can pose an obstruction and serious hazards to our line crews.

Source: NRECA



**STEVEN WATERS** is Safety & Regulatory Compliance Coordinator at Meade County RECC

**YEARS AT THE CO-OP:** 25

### **WHEN I'M NOT WORKING, I'M:**

Hunting and enjoying the outdoors, building demolition derby cars with my two sons or boating on the lake during the summer.

# Falling back

*Tips for adjusting to the end of daylight saving time*

## DAYLIGHT SAVING TIME

officially ends November 3, meaning we turn the clocks back one hour, and days become shorter and darker.

Although most people enjoy gaining an extra hour of sleep during this time of the year, sometimes the time shift causes unintended consequences on our body's clock. The change impacts the body's circadian rhythm, which is the natural 24-hour cycle of physical, mental and behavioral changes.

The human body expects things like sleeping, waking up and eating to happen at certain times during the day based on sunlight. When there is a change in this routine, even by one hour, the circadian rhythm gets dysregulated.

It can be challenging to adjust, and the daylight shift can also lead to health problems, including seasonal affective disorder, or SAD, commonly referred to as seasonal depression.

Here are some ways to help make the transition easier.

### Continue regular routines

Someone who is already sticking to a consistent sleep routine is less likely to be affected by the time change. Going to bed early and



waking up at the same time every day, avoiding caffeine after noon and avoiding electronic devices two hours before bedtime can help build a consistent sleep routine.

### Take advantage of sunlight during the day

It's important to take advantage of as many daylight hours as possible as the days begin to get dark earlier.

Sunlight exposure during the day helps us push through the dark evenings.

### Incorporate exercise to boost energy

Regular physical activity can improve your mood and offer an energy boost. Exercise produces endorphins, which are the "feel good" chemicals. This impacts all of our cellular functions, including

improving concentration and regulating sleep. It's important to note that exercising too close to bedtime may interfere with sleep. Avoid exercise within four hours before regularly scheduled bedtime. **KL**

**ROBERT J. MURRAY, D.O.**, is a sleep physician at the UK HealthCare Sleep Disorders Center.



# Step into the past

Heritage trails explore Kentucky history

BY KATHY WITT

President Theodore Roosevelt laid the cornerstone of the Memorial Building at the Abraham Lincoln Birthplace National Historical Park in 1909. Photo: Kentucky Tourism



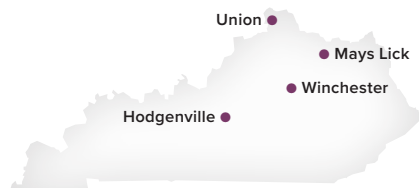
**FROM FRONTIER EXPLORERS** Daniel Boone and William Clark to inspirational leaders Abraham Lincoln and Charles Young, some famous footfalls have left their mark across Kentucky—and not just in the soil, but also in shaping the history and culture of the land.

Follow these and other heritage trails back through time, from frontier to famous feud, Civil War to civil rights and paleontology’s beginnings to a presidential pathway.

## Daniel Boone Heritage Trail

Daniel Boone blazed the first road in Kentucky in 1775, 17 years before Kentucky became a state. That road, now called Boone Trace, stopped at Fort Boonesborough; however, as Friends of Boone Trace President John Fox notes, the story goes on.

“Boone and his party soon crossed the Kentucky River and turned



westward, traveling up what would become known as the Daniel Boone Heritage Trail (Athens-Boonesboro Road) to Boone’s Station,” says Fox. “This is located in the area of the town of Athens where Daniel Boone lived for four years before moving on again.

“The Daniel Boone Heritage Trail eventually made it into Lexington and ultimately, Louisville, from which Lewis and Clark then explored the Northwest.”

Modern-day trailblazers can complete the 6-mile trail—much of it scenic and winding two-lane roads—in a day. Trail highlights include roadside rock walls, Coffee Springs Falls and Hall’s on the River, a fun lunch spot in

Winchester that intersects with Clark County’s Beer Cheese Trail.

“Adjacent to Hall’s is the entry to the John Holder Trail of Lower Howard’s Creek Nature and Heritage Preserve—one of Kentucky’s hidden treasures,” says Fox.

The only portion of the preserve open to the public, the John Holder Trail was named for pioneer and commercial-industrial innovator Col. John Holder, who helped defend Fort Boonesborough when it was attacked in 1778. Other parts of the preserve may be visited by scheduled guided hikes.

## Lewis & Clark National Historic Trail

Following the historic routes forged by Meriwether Lewis and William Clark during their 1804 to 1806 expedition, this 4,900-mile trail meanders through 16 states from Pittsburgh, Pennsylvania, to the Pacific Ocean. Big Bone Lick State Historic Site, located in Union and

served by Owen Electric, is a significant part of the story of this journey.

“Lewis and Clark’s organized excavation and collection of specimens from Big Bone is considered the first in American history, making Big Bone Lick the birthplace of American vertebrate paleontology,” says Claire Kolkmeier, park interpreter.

Additionally, Big Bone Lick is part of the expedition’s eastern legacy—the place where the 28-month journey was planned and prepared. Both explorers stopped here before and after the expedition and, at the request of President Thomas Jefferson, Clark conducted a major dig here in 1807, eventually shipping 300 specimens to Jefferson.

Visitors today can view the park’s herd of bison, see the diorama pit with its dramatic depiction of Ice Age megafauna and, in the museum, the skeletal reconstruction of the 8-foot-tall Harlan’s ground sloth as well as a mastodon skull and other exhibits.

## The Lincoln Heritage National Scenic Byway

History unfolds along 72 miles stretching from Hodgenville to Danville—from sites connected to the Great Emancipator to the Civil War Museum and the Women’s Museum of the Civil War in Bardstown to the Perryville Battlefield State Historic Site near Danville to Kentucky’s official Lincoln Museum in downtown Hodgenville.

Each stop on the trail provides opportunities to learn about Abraham Lincoln and the Civil War along with Kentucky’s bourbon history and its religious heritage through sites including Marker’s Mark in Loretto and the Abbey of Our Lady of Gethsemani. The best place to pick up the trail? Lincoln’s birthplace.

“The Abraham Lincoln Birthplace National Historical Park preserves and protects the only spot in the world where our 16th president was born,” says Chief of Interpretation and Resource Management Stacy Humphreys. “It is



Stop by the museum at the Visitors Center at Big Bone Lick State Historic Site to see outstanding exhibits on paleontology, Native American history and more. Photo: Kentucky State Parks

also home to the first national monument dedicated to President Lincoln, which is the park’s Memorial Building—a fact that surprises many visitors, who think the first monument was the Lincoln Memorial in Washington, D.C.”

## Brigadier General Charles Young Memorial Historical Corridor

West Point Military Academy graduate. Educator. Diplomat. Civil rights leader. The first African American national park superintendent. Born in 1864, Charles Young had a groundbreaking and

distinguished military career and was honorably and posthumously promoted to brigadier general—the first Black American recognized with this rank.

Travel the 100-mile corridor that pays tribute to this remarkable over-achiever who, at the time of his death, was one of the most prominent African Americans in the country.

“Charles Young was a pioneer and inspired a generation of African Americans, especially aspiring Black military officers,” says Steve Phan, who is the National Park Service chief of

## 160TH CAMP NELSON ANNIVERSARY COMMEMORATION EVENT

On November 23, 1864, the U.S. Army forcibly expelled 400 African American refugees from Camp Nelson during a winter storm, resulting in the deaths of 102 people. (It was the eighth and largest expulsion of refugees from the base since its establishment in April 1863.) On November 23, 2024, the National Park Service will honor the lives of African American freedom seekers during the Fourth Annual Luminaria and Memorial Walk, an event that will feature interpretive talks by NPS staff and special guests and a guided walk to Graveyard No. 1. Here, more than 100 luminaries will honor the people expelled and other freedom seekers who sought refuge at Camp Nelson. For more information, visit [www.nps.gov/cane/index.htm](http://www.nps.gov/cane/index.htm).



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The SEEK Museum tells stories about slavery and the struggle for freedom, equality and justice through exhibits in seven historic buildings in Russellville.  
Photo: Kentucky Tourism



*Follow the trails of those who broke new ground, literally and figuratively, in Kentucky*

### Brigadier General Charles Young Corridor

<https://www.kentuckytourism.com/things-to-do/culture/history-and-heritage/brigadier-general-charles-young>. The trail traverses 100 miles, beginning at Camp Nelson National Monument and featuring stops at Louisville's Kentucky Center for African American Heritage and several sites in Mays Lick, including the Charles Young Birthplace Cabin.

war-heritage-trail. More than 35 historic and interpretive sites crisscross the state, including Paducah's Lloyd Tilghman House & Civil War Museum, Lexington's Mary Todd Lincoln House and the 3-mile, 12-stop Battle of Tebbins Driving Tour that follows the trails of Confederate Gen. John Hunt Morgan, who roamed Taylor and surrounding counties.

### Hatfield and McCoy Historic Feud Sites Driving Tour

[www.tourpikecounty.com/things-to-see-do/history\\_culture/hatfields\\_and\\_mccoys](http://www.tourpikecounty.com/things-to-see-do/history_culture/hatfields_and_mccoys). Stop by the Pikeville-Pike County Visitor Center and pick up the tour's CD or USB, an outstanding theatrical production combining professional narration and bluegrass music. The self-guided tour visits gravesites, including Randolph McCoy and Devil Anse Hatfield, the Randolph McCoy Homeplace and Well, and the Hog Trial Cabin, plus monuments, museums and more.

### Daniel Boone Heritage Trail

[www.visitwinchesterky.com/contact/daniel-boone-heritage-trail](http://www.visitwinchesterky.com/contact/daniel-boone-heritage-trail). Download the trail map and brochure and start your adventure at Fort Boonesborough State Park. The 6-mile trail concludes at Boone's Station, near Athens and outside of Lexington. For additional background information, visit [www.boonetrace1775.com](http://www.boonetrace1775.com).

### Trial of Tears National Historic Trail

[www.nps.gov/trte/index.htm](http://www.nps.gov/trte/index.htm). In the winter of 1838-1839, the Cherokee people traveled by foot, horse, wagon and steamboat on a long-distance trek that involved nine states, including Kentucky. Hopkinsville's Trail of Tears Commemorative Park marks the site of a winter camp. Mantle Rock in Smithfield recalls the more than 10,000 Cherokee people who passed through the area, with one group of more than 1,000 forced to camp here while waiting for the Ohio River to become passable.

### Lewis & Clark National Historic Trail

[www.nps.gov/lecl/index.htm](http://www.nps.gov/lecl/index.htm). The explorers' historic outbound and inbound routes traverse thousands of miles from Pittsburgh, Pennsylvania, to the Pacific Ocean. The 19 stops in Kentucky follow along the Ohio River from Wickliffe Mounds State Historic Site near the confluence of the Ohio and the Mississippi rivers to Big Bone Lick State Historic Site in Union and beyond.

### Civil Rights Trail

A collection of churches, courthouses, schools, museums and other landmarks in mostly Southern states forms the U.S. Civil Rights Trail, <https://civilrightstrail.com/state/kentucky>. This includes five sites in Kentucky, among them Russellville's SEEK Museum and Louisville's Muhammad Ali Center and the Louisville Downtown Civil Rights Markers Trail, featuring 11 markers created by Kentucky sculptor Ed Hamilton.

### The Lincoln Heritage National Scenic Byway

[www.nsbfoundation.com/nb/lincoln-heritage-scenic-highway](http://www.nsbfoundation.com/nb/lincoln-heritage-scenic-highway). Museums, Civil War sites, religious landmarks and bourbon distilleries are all on the route that takes visitors from Hodgenville to New Haven, Bardstown, Springfield, Perryville and Danville.

*Also visit these historic trails:*

### Civil War Heritage Trail

[www.kentuckytourism.com/trip-planning/travel-inspiration/articles/2023/07/25/civil-](http://www.kentuckytourism.com/trip-planning/travel-inspiration/articles/2023/07/25/civil-)



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The Brigadier General Charles Young Memorial Historical Corridor begins at Camp Nelson National Monument. Photo: Kentucky Tourism



KentuckyLiving.com

**Hungry for more history?**

Visit KentuckyLiving.com for videos and other resources related to Kentucky's heritage trails.

interpretation, education and visitor services, as well as historic weapons supervisor, at Camp Nelson National Monument. "These included Benjamin Davis Sr., the first Black general officer, and his son, Benjamin Davis Jr., commander of the Tuskegee Airmen during WWII."

The Charles Young birthplace cabin is located in Mays Lick, but one could say his story begins at Camp Nelson National Monument, served by Blue Grass Energy—the start of the corridor and birthplace of freedom for thousands of African Americans.

"Camp Nelson was the largest recruitment and training center for U.S. Colored Troops in Kentucky and the third largest in the country. And of the top three, we're the only one that survives today," says Phan. "Charles' father, Gabriel, fled enslavement and joined the U.S. Colored Troops in Ohio. Camp Nelson not only honors the service of USCT and their families in Kentucky but across the country as well.

"Camp Nelson is the USCT Center, and Gabriel Young's service directly impacted the future of his son after the war." **KL**

**KATHY WITT** is an award-winning travel and lifestyle writer based in northern Kentucky and the author of seven books, including Perfect Day Kentucky and Secret Cincinnati.

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# EVENT CALENDAR



## 1 POWWOW POWER

Learn about Native American history and culture at the Green River Valley Powwow, Nov. 1–3, hosted by Tipi Village in Campbellsville. The intertribal gathering during Native American Heritage Month includes music, dance and art, plus Native American vendors and food like fried bread and buffalo burgers. Friday is kids day, with storytelling. Hours: 10 a.m.–6 p.m. Friday; 10 a.m.–late Saturday; 1–5 p.m. Sunday. Optional \$5 donations. Info, [thetipivillage.com](http://thetipivillage.com).

## 2 SUNRISE SALUTE & PARADE

Downtown Paducah hosts its Veterans Day Sunrise Reveille starting 6:20 a.m. November 11 at the Vietnam Veterans Monument in Dolly McNutt Plaza. Reveille will be played after the flag is raised by the United States Coast Guard at sunrise at 6:30 a.m. The Veterans Day Parade opening ceremony begins at 10 a.m. at the same location, with parade starting at 11 a.m., ending at the riverfront. Info, (270) 444-8508, [www.paducahky.gov/node/3037](http://www.paducahky.gov/node/3037).

## 3 GIFTING TWOFRER

Shop for holiday gifts while helping to give students a leg up on postsecondary education. Proceeds from the Hardin County Extension Homemakers Holiday Bazaar, November 9 at the Extension Office there, go toward scholarships for Hardin County students. Forty-plus vendors with arts and crafts ranging from handmade ornaments and holiday decor to baked goods and more. Lunch available for purchase. Hours: 9 a.m.–3 p.m. For info, (270) 765-4121, [hardin.ca.uky.edu](http://hardin.ca.uky.edu).

## 4 TREES & TRAINS

Hundreds of fantastically decorated holiday trees plus a huge model train village are on display at the 40th Festival of Trees and Trains at Ashland's Paramount Arts Center, Nov. 23–Dec. 1. Celebrate with local choirs, Candy Cane Café, Cocoa with Santa, Holiday Gift Shoppe and North Pole Mailbox for letters to Santa. Tickets: \$7 adults, \$5 for 12 and under, \$6 seniors. Info, (606) 324-3175; full schedule at [www.pacfott.org](http://www.pacfott.org).



## BLUEGRASS

### SATURDAY, NOVEMBER 2

**Goin' To Market: Jolly Jingle Market**, (502) 939-2713, Carl D. Perkins Bldg., Richmond

### FRIDAY, NOVEMBER 8

**Harvest Food Festival**, thru 10th, (859) 556-0112, Terrapin Hill Farm, Harrodsburg

### FRIDAY, NOVEMBER 22

**Giants in the Sky**, thru 24th, (859) 756-0011, The Spotlight Playhouse, Berea

## EASTERN

### SATURDAY, NOVEMBER 16

**Native American Heritage Celebration**, (859) 498-6264, Gateway Regional Arts Center, Mt. Sterling

### FRIDAY, NOVEMBER 29

**Festival of the Mountain Masters**, thru 30th, (606) 909-1153, Village Center Mall, Harlan

## NORTH CENTRAL

### SATURDAY, NOVEMBER 2

**Alpha Iota Trims and Whims Arts and Craft Show**, (502) 321-6194, Wright Elementary School, Shelbyville

**Outlaw Express**, (502) 549-5470, Kentucky Railway Museum, New Haven

**ColorFest**, thru 3rd, (502) 955-8512, Bernheim Forest and Arboretum, Clermont

### MONDAY, NOVEMBER 4

**NouLou Parlor Series: Songs of Sorrow & Love**, (615) 417-2110, Oxmoor Farm, Louisville

### THURSDAY, NOVEMBER 14

**North American Championship Rodeo**, thru 16th, (502) 367-5000, Kentucky Exposition Center, Louisville

### SATURDAY, NOVEMBER 16

**Goin' To Market: Jolly Jingle Market**, (502) 939-2713, Pritchard Community Center, Elizabethtown

**Goin' To Market: Jolly Jingles Market**, thru 17th, (502) 939-2713, Jeffersonian, Louisville

### FRIDAY, NOVEMBER 22

**Christmas Crafters Market**, thru 23rd, (859) 336-5412 ext. 6, Springfield Baptist Church

### SATURDAY, NOVEMBER 23

**Uncorked Express**, (502) 549-5470, Kentucky Railway Museum, New Haven

### FRIDAY, NOVEMBER 29

**Dickens Christmas**, (270) 692-0021, Lebanon

### SATURDAY, NOVEMBER 30

**Goin' To Market: Jolly Jingles Market**, (502) 939-2713, City Place, La Grange

**Christmas by the River**, thru Jan. 1st, (270) 422-4981, Riverfront Park, Brandenburg

## NORTHERN

### SATURDAY, NOVEMBER 2

**Royal Princess Brunch**, (859) 746-2700, Receptions Event Centers, Erlanger

**Life of Christ Drama**, thru 3rd, (859) 428-2200, Sherman Full Gospel Church, Dry Ridge

### FRIDAY, NOVEMBER 29

**ChristmasTime**, thru Jan. 4th (select days), (855) 284-3275, Ark Encounter, Williamstown

**ChristmasTown**, thru Jan. 4th (select days), (888) 582-4253, Creation Museum, Petersburg

## SOUTH CENTRAL

### SATURDAY, NOVEMBER 2

**Music through the Decades: Bobby Driver Scholarship**, (270) 361-2101, The Plaza Theatre, Glasgow

### SATURDAY, NOVEMBER 16

**Sheltowee Artisans Art Fair**, thru 17th, (606) 219-0759, The Center for Rural Development, Somerset

### MONDAY, NOVEMBER 18

**Christmas Island**, thru Dec. 31st, (800) 240-2531, General Burnside Island State Park

## WESTERN

### SATURDAY, NOVEMBER 2

**Lewis & Clark Jr. Ranger Day**, (270) 335-3681, Wickliffe Mounds State Historic Site

### SATURDAY, NOVEMBER 9

**The Underdogs**, (270) 201-0220, Grand Rivers Community Center, Grand Rivers

**Star Party**, (270) 584-9017, Mahr Park Arboretum, Madisonville

**Always...Patsy Cline**, (270) 830-9800, Preston Arts Center, Henderson

### FRIDAY, NOVEMBER 22

**Small Time Napoleon**, (270) 821-2787, Glema Mahr Center for the Arts, Madisonville



**CALL BEFORE YOU GO** as event days can change. **SUBMIT ALL EVENTS ONLINE AT KENTUCKYLIVING.COM.** For FREE print listing consideration of Kentucky events, submit two months in advance, **by December 1 for the February issue.**

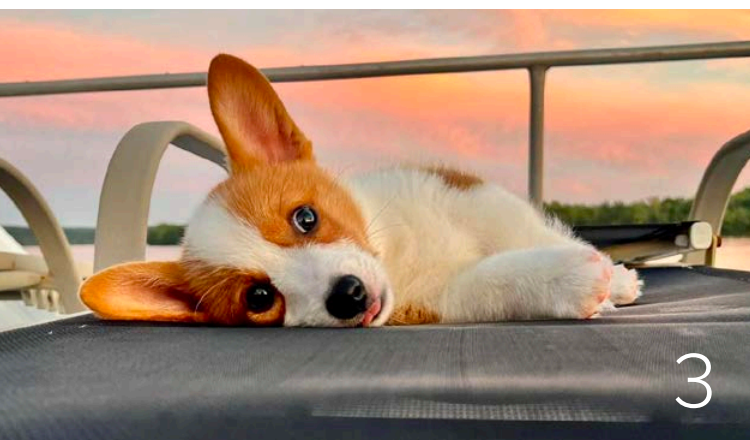
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1



2



3



4

**1 HAT TRICK**

Rainbow Sherbet has a big personality and a hat to match. Photo by Amber Lucas, New Hope, a consumer-member of Inter-County Energy Cooperative.

**2 TURKEY BABY**

During a photo shoot, Hadleigh wandered off to hug her “turkey baby,” says mom Hannah Bingaman, Cynthiana, a Blue Grass Energy consumer-member. Photo by Kylie Crittenden.

**3 CRUISING ALONG**

It’s Enzo’s first houseboat cruise, and he’s loving it. Submitted by Kellee Frogge, Campbellsville, a Taylor County RECC consumer-member. Photo by Cheryl Raisor.

**4 AUTUMN SCENE**

Claudia Boscaini, a Blue Grass Energy consumer-member from Lexington, says this pastoral view during the golden hour is always a peaceful experience. “It heals the soul,” she says.

**SEND US YOUR SNAP SHOTS!** We’re looking for winter photos.

Submit up to five photos monthly for a chance to **BE FEATURED IN KENTUCKY LIVING**. Photos with people work best, as well as those with seasonal interest. Remember to identify people or pets in the photo left to right and tell us their relation to you.



Visit **KENTUCKYLIVING.COM** and click on **CONTESTS** to submit photos.

# KENTUCKY kids



## Add a vegetable

Try adding new vegetables to your plate. Talk with your family about making a new food the star at dinnertime.



Send us your green team tips!



Enter KIDS Contest

Submit a Green Team Tip or Joke online at [KentuckyLiving.com](http://KentuckyLiving.com): Magazine/Submissions for a chance to win a prize!

## APPLE CIDER STAND

William sold hot apple cider for 5 cents a cup. At the end of the day, he had five quarters, seven dimes, and two nickels.

- A) HOW MUCH MONEY DID HE HAVE TOTAL?
- B) HOW MANY CUPS OF CIDER DID HE SELL?



A) \$2.05 B) 41 cups of cider

## Avoiding germs

Regular hand washing is the best way to prevent the spread of germs. Kids (and adults) should always wash their hands:

- After sneezing or blowing their nose
- After using the bathroom
- Before and after eating



## Tell us a joke!

What do you get when you tell a labradoodle a funny joke?

**A Laughterdoodle!!**

— Lillian Slaughter, age 12



## Did You Know?

Giraffe calves are about 6 1/2 feet tall at birth. They are able to stand and walk within an hour after being born.

# GREAT OUTDOORS

## Accessible fishing

*More ways to get outdoors*



The FINs lakes are regularly stocked with catfish and trout. The sunfish and bass populations are also monitored to ensure natural reproduction is meeting angler needs. These species are supplemented with stocking when needed. Regulations, which are posted around the lakes and available online, are a little more stringent than in other locations to help spread the harvest among anglers.

The Voluntary Public Access and Habitat Incentive program encourages private landowners to grant access to their property for outdoor recreation. The department works diligently to acquire new access to outdoor opportunities statewide. This program is not just for fishing, but for any outdoor recreational activities such as dove hunting, wildlife

viewing and hiking. Please note that VPA sites are private property, and continued access is determined by guests' behavior. If you visit one, respect all posted regulations—and let's keep a good thing going.

To learn more about fishing access for all, visit the Kentucky Department of Fish and Wildlife Resources website: [app.fw.ky.gov/fisheries/waterbody.aspx](http://app.fw.ky.gov/fisheries/waterbody.aspx). This comprehensive list provides all the information you need, including accessibility, FINs and VPA designations for lakes, ponds and streams across the state. Whether you use a kayak, fish from shore or prefer fishing from a pier, the website lists everything you need to plan your trip.

If you have a disability and want to fish in the PVA tournament in April, more information is available at [www.kipva.org](http://www.kipva.org). The organization supports veterans with disabilities, but participation is open to “anyone with physical challenges who loves the sport of fishing.” Let's all get out there and enjoy the great fishing Kentucky has to offer. **KL**

▲ **THIS NOVEMBER**, Veterans Day reminds us to take a moment and remember the sacrifices so many have made for our freedom. For me, it's also a reminder of the challenges faced by many veterans with disabilities who want to get out and enjoy the great outdoors. Thankfully, there are multiple programs across the state that help make fishing accessible to all—veterans and civilians alike.

As a volunteer boat captain for the annual Paralyzed Veterans of America bass tournament on Lake Barkley, I have seen firsthand how excited veterans are at these tournaments. I can also tell you that the bank fishing division of the tournament is just as competitive as the boater division, and they have a blast.

Other accessibility initiatives include the Fishing in Neighborhoods program (FINS). Started in 2006, this program created urban lake access near towns and cities. With 45 FINs lakes to date across Kentucky, there's probably one near you.

**KEN MCBROOM**, an outdoors writer/photographer, created [RamblingAngler.com](http://RamblingAngler.com). McBroom grew up in Lynchburg, Tennessee, and now lives in western Kentucky.

The Kentucky Department of Fish and Wildlife Resources has created fishing access across the state. Photo: Kentucky Department of Fish and Wildlife Resources

# Eye Doctor Helps Tennessee Legally Blind To See

High Technology For Low Vision Patients Allows Many To Drive Again



**F**or many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence: driving. A Lebanon optometrist, Dr. James Gillispie, is using miniaturized telescopes that are mounted in glasses to help people who have lost vision from macular degeneration and other eye conditions.

"Some of my patients consider me the last stop for people who have vision loss," said Dr. Gillispie, one of only a few doctors in the world who specialize in fitting bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Imagine a pair of glasses that can improve your vision enough to change your life. If you're a low vision patient, you've probably not only imagined them, but have been searching for them. Bioptic telescopes may be the breakthrough in optical technology that will give you the independence you've been looking for. Patients with vision in the 20/200 range can many times be improved to 20/50 or better.

Macular degeneration is the leading cause of blindness and vision loss in people over 50. Despite this, most adults

are not familiar with the condition. As many as 25% of those over the age of 50 have some degree of macular degeneration. The macula is only one small part of the retina; however, it is the most sensitive and gives us sharp central vision. When it degenerates, macular degeneration leaves a blind spot right in the center of vision, making it difficult or impossible to recognize faces, read a book, or pass the driver's vision test.

Nine out of 10 people who have macular degeneration have the dry form. New research suggests vitamins can help. The British medical journal BMC Ophthalmology recently reported that



*A scene as it might be viewed by a person with age-related macular degeneration.*

56% of patients treated with a high-dose combination of vitamins experienced improved vision after six months. TOZAL Comprehensive Eye Health Formula is now available by prescription from eye doctors.

While age is the most significant risk factor for developing the disease, heredity, smoking, cardiovascular disease, and high blood pressure have also been identified as risk factors. Macular degeneration accounts for 90% of new legal blindness in the U.S. While there is currently no cure, promising research is being done on many fronts. "My job is to figure out everything and anything possible to keep a person

functioning, especially driving," says Dr. Gillispie.

When Beth, 62, of Greenville, TN, came to see Dr. Gillispie she wanted to keep her Tennessee driver's license and was prescribed bioptic telescopic glasses to read signs and see traffic lights farther away. Dr. Gillispie also prescribed microscope glasses for reading newspapers and menus in restaurants.

As Beth puts it, "My regular glasses didn't help too much – it was like looking through a fog. These new telescopic glasses not only allow me to read signs from a farther distance, but make driving much easier. I've also used them to watch television so I don't have to sit so close. I don't know why I waited to do this; I should have come sooner."

"Bioptic telescopes can cost over \$2,000," said Dr. Gillispie, "especially if we build them with an automatic sunglass."

"The major benefit of the bioptic telescope is that the lens automatically focuses on whatever you're looking at," said Dr. Gillispie. "It's like a self-focusing camera, but much more precise."

To learn more about bioptic telescopes or to schedule a consultation with Dr. Gillispie, give us a call at 1-855-405-8800. You can also visit our website at:

[www.lowvisiontn.com](http://www.lowvisiontn.com)

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# 'That's Thanksgiving'

*More blessed to give than to receive*



**BYRON CRAWFORD** is Kentucky's storyteller—a veteran television and newspaper journalist known for his colorful essays about life in Kentucky. Contact Byron at [KentuckyLiving.com](http://KentuckyLiving.com): About/People.

**THIS STORY MAKES ME REGRET** not having a better gift of expression, and more space, for the telling.

At its heart is pediatric nurse practitioner Judy Harrison, 78, who, in addition to raising two sons of her own, has adopted seven medically fragile children and fostered more than 100 youngsters, most with special needs, from across Kentucky.

"It was a job that I knew, without a doubt, God had put me here to do," says Harrison, now a nurse with Easter Seals of the Bluegrass adult day help.

A native of Madison County who had recently divorced, she moved to Lexington in 1988 to better care for medically fragile children after having spent several years fostering newborns awaiting adoption.

"I got attached to all of them, but getting to hand them over to parents who had waited 10 years was probably some of the best joy I've ever had."



One of her birth sons died of Lou Gehrig's disease, and the other, who has four adopted children, is a rapid response nurse at the University of Kentucky Medical Center. Four of Harrison's medically fragile adopted children had terminal illnesses and weren't expected to live more than one year, but two lived into

their 20s, and the others into their teens.

Another was Kristina, who was born with a rare condition known as Treacher Collins syndrome. Among other defects, she had no airway, no ears, unformed mandibles and cheekbones, and squared eyes. Her family knew they could not properly care for her, so she remained at a Louisville hospital until Harrison brought her home at 3 weeks old, adopted her and loved her the rest of her life.

By age 10, after she had already undergone many corrective surgeries, the tracheotomy Kristina had worn all her life was removed and replaced with a surgically constructed airway. And despite continued warnings that the airway might one day close, Kristina chose to never again wear a tracheotomy.

This is where I must skip ahead and leave you to read many unwritten words between the lines.

When Kristina died in her sleep one week before her 40th birthday in the summer of 2023, she was a much-loved, award-winning nurse at the University of Kentucky Medical Center. She'd earned a nursing degree from UK and was then in the pediatric doctoral program. In her journal, she left loving tributes to Dan Stewart, the neonatal surgeon who had saved her life as a baby, and to Judy Harrison, of whom she wrote:

"...The state then decided to entrust my life to a white woman in a country town who cares for children no one else wanted... Even when my body fought against her efforts, she persevered and maintained the life of a little black girl that many others at this point had deemed... actually not worthy and/or able to be born to stand out." She closed with, "The God I serve is capable of ANYTHING!"

At Kristina's crowded memorial service, a woman she'd never seen came to thank Judy Harrison for taking good care of Kristina—her daughter.

"It was the best present I've ever had," Harrison told me. "That's Thanksgiving." **KL**



HEATHER BLYEU



KIMBERLY DOSS



TIM WEBB



TIM WEBB



WAYNE GARMON



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